

STAR SYSTEM #101

((MUSIC...UP AND UNDER))

Well! Here we are at the starting point - the entrance to a new beginning, a program of self-controlled change we call LIFE SPAN. It represents a totally new way to express the full range of your mental, emotional and physical self. It teaches a way to access the boundless energy that is you, and to apply it for achieving greater health, vitality, insight, joy, and conscious self-evolution. All under your control.

But for now, what you can use most is learning again a good pattern of relaxation. To begin, close your eyes, then move your body into a comfortable position - so that there is no stress or strain. You can lie on your back, your side, or prone - whichever is best for you. Do this now.

((30 sec))

To help you understand better the method, we'll start with a demonstration of hemi-sync sound. First, we introduce a single clear tone in one ear...

((left side tone for 10 seconds, then full fade out under talk))

We then take that tone out, and introduce a different tone in the opposite ear, a tone with a slightly different frequency or pitch...

(A right side tone for 10 seconds))

Now if we play both tones at the same time, listen to the effect...

((left and right tones for 30 seconds, then maintained under following:ü

The oscillation or wavering of the sound you hear is not on the recording. It is created by the blending of your left and right brain hemispheres. This wavering is called a binaural beat frequency, and it is equal to the difference in the sounds coming into each ear.

The use of these specially-designed sounds, along with your conscious desire, will lead your brain into the state we call hemispheric synchronization, or hemi-sync. Hemi-sync is a high state of response generated by you in the electrical wave patterns of your left and right brain hemispheres, with significant increases in amplitude or power. Thus hemi-sync transforms your brain power from the incoherent and out-of-phase radiation typical of a light bulb, and into the powerful, coherent, and focused radiation like a laser beam.

Now, to get you started on learning the easy pathway to deep relaxation, with your eyes still closed...think of your security repository box - the one you have designed or selected. Get it clear in your mind.

Now raise the heavy lid of your repository box, and place in the box anything you're anything you're feeling, that may interfere

or get in the way during this exercise. Put in it any worries or fears, any anger, any ache or pain, any thought that will get in the way of your going to sleep. Put these all in your repository box. Do this now.

Now close the heavy lid on your repository box, close it tightly. and turn away, turn away from your box, putting it behind you, put it behind you - and relax.

Ax-fade to alpha-suppression/move to 10-state under following)

And now - as I count slowly from 1 to higher numbers - the hemi sync sound will change so that you can relax more and more - and then move easily into natural, normal, restful sleep. The higher the number the more deeply relaxed you become. I'm going to start the count now.

2 .. your feet...look with your closed eyes at each foot and each toe..tell the muscles and nerves in your feet and toes to relax, let go.

3...your legs...Look with your closed eyes up and down each leg from your ankles up through your hips... tell each nerve and each muscle to relax...let go.

4...Your lower body...from just below your chest down to your hips ...sweep each organ with your closed eyes and tell each muscle and nerve to...relax, let go, sleep.

5...Your upper body, from your diaphragm to your shoulders... look with your closed eyes at your lungs and heart...tell each muscle and each nerve to relax...let go.

6...Your arms and hands, look with your closed eyes at each part

of each arm, at each hand and each finger..tell each nerve and muscle to relax...let go.

7...Your shoulders and your neck...look with your closed eyes at each shoulder and your neck...and say to each nerve and each muscle ...relax...let go

8.. Your spine...look up and down your back....and say to each nerve and each muscle...relax...let go...sleep.

9...Your head and scalp...look with your closed eyes at the muscles and nerves in each....tell them to relax...let go.

10...ten...the muscles and nerves in every part of your face... tell each part to relax...let go

Now you are much more relaxed, much more. Let this total body relaxation flow into your brain...in all parts...and your mind relaxes more and more...more relaxed... more rested..we call it Focus 10...where your mind is awake and your physical body is moving into restful sleep....Mind awake...body asleep...

(FOCUS 10 SIGNALS...2 MINUTES, THEN UNDER FOLLOWING))

Now in Focus 10....begin to realize that you can think...think clearly and cleanly..you can be conscious... without sensory signals from your physical body...you don't need your physical body for your mind to keep active and alert.... think what that means...think about it...your mind is actually free to think and be without your physical body...relax and let your free thoughts flow...

((2 minutes))

(FOCUS 10 SIGNALS....SLOW CROSS FADE TO DELTA UNDER FOLLOWING)

Now I will count to higher numbers...and with each higher number..
you can relax more and more...and let your mind relax,too...let
your mind drift off easily into normal, natural, deep and
comfortable sleep. You can move into deep sleep whenever you
desire. I'm going to start counting now.

11...relax

12...let go

13..sleep

14....relax...let go... sleep

15...relax..let go...sleep

16...relax...let go...sleep

17...let go...sleep

18...let go...sleep

19....sleep....sleep....sleep

20....sleep.....sleep....sleep

((fill with delta and low theta...))

(MUSIC FILL))